# group exercise programme
## Tandridge Leisure Centre

**Accurate as of 15/11/2026**

### Times for Wednesday 11 November

| Time | Session | Facility | Level |
|---|---|---|---|
| 7:00 am - 7:45 am | Freedom Bootcamp | Studio 2 | beginner / intermediate |
| 8:30 am - 9:15 am | Aqua Aerobics | Indoor Pool (25.0m) | beginner |
| 9:00 am - 10:00 am | Pilates | Studio 1 | beginner |
| 9:25 am - 10:10 am | Les Mills SHAPES | Studio 2 | beginner / intermediate |
| 10:20 am - 11:20 am | Les Mills BODYPUMP™ | Studio 1 | |
| 11:30 am - 12:15 pm | Parkinsons Box Fit | Studio 1 | beginner |
| 11:30 am - 12:30 pm | Les Mills Pilates™ | Studio 2 | beginner / intermediate |
| 12:30 pm - 1:15 pm | Freedom Indoor Cycling | Studio 2 | beginner / intermediate |
| 5:45 pm - 6:30 pm | Freedom Indoor Cycling | Studio 2 | beginner / intermediate |
| 6:00 pm - 6:30 pm | Ab Attack | Studio 1 | beginner |
| 6:30 pm - 7:30 pm | Total Body Conditioning | Studio 1 | beginner / intermediate |
| 6:45 pm - 7:45 pm | Les Mills BODYCOMBAT™ | Studio 2 | |
| 7:30 pm - 8:30 pm | Yoga | Studio 1 | beginner |
| 8:00 pm - 8:30 pm | Aqua HIIT (W) | Indoor Pool (25.0m) | beginner / intermediate |